



# ***Parenting Journey for Fathers***



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***Parenting is hard - we get it. You are not alone.*** Exclusively for fathers, this 12-session group helps you **become more confident** in your parenting style by **building on your strengths**. Our father-friendly group environment creates a sense of support and safety among participants, where it's comfortable to open up about doubts, fears, and emotions. ***At Parenting Journey, you have a voice.***

***Parenting Journey for Fathers will help you to be your best self,*** so you can be the kind of man and parent you admire • better communicate with your children and other family members • determine your personal path towards positive parenting • increase your resiliency • become more confident and competent in achieving personal goals • build greater trust and connections with other men who are parents • learn tips and tools for effectively utilize community resources.

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## ***ENROLL TODAY!***

Register online at ***[www.parentingjourney.org](http://www.parentingjourney.org)*** or call (617) 628-8815.

**Cost: \$5 registration fee.** Groups run for 2 hours a week for 12 weeks. The program includes activities, discussions, a free family-style meal, and complimentary childcare.

### ***Parenting Journey for Fathers***

Thursdays, January 26-April 13, 2017

Evening sessions: 5:30-7:30pm

Parenting Journey • 366 Somerville Avenue • Somerville